How Psychiatric Treatment Can Help with Separation Anxiety in Adults

Separation Anxiety Disorder (SAD) is a mental disorder that is defined as excessive anxiety about losing fear, avoidance behavior, and separation from attachment figures. Until recently, to make a diagnosis of separation anxiety in adults, the practitioner traced back to understand the symptoms present during their childhood. Although it is more common in children, it is now recognized widely in adults. Psychiatric treatment for separation anxiety can help tremendously.

The disorder has adverse effects on daily function and can occur with other conditions, such as depression. It can wear the features of some other conditions, such as anxiety, generalized anxiety, and especially panic disorder, and this could challenge the abilities of professionals to distinguish between them.

Adult separation anxiety refers to individuals whose symptoms develop in adulthood and for those whose symptoms started in childhood but persisted into adulthood. Adults often exhibit a strong fear of loss of their attachment figures, usually a child, spouse, or parents. They will try to stay close, even in their worst condition of attachment, and they can harm others for this purpose.

Why Psychiatric Treatment for Separation Anxiety Matters

If you are diagnosed with separation anxiety disorder in your childhood, then it is possible it may develop in your adulthood. SAD becomes persistent, and if it starts developing with some other coexisting disorders, then it seems the issue becomes critical and needs medical assistance. Psychiatric help for anxiety treatment is needed when your symptoms become chronic and some strange thoughts start to interfere with your daily functioning.

Some severe symptoms that can disrupt your routines include:

- Persistent sadness about attachment figures about their separation or death.
- Not performing well at school or the office and refusing to leave the house.
- Stomach aches and heart palpitations in adults.
- Linked with social anxiety disorder
- Linked with a personality disorder
- Linked with panic disorder
- Agoraphobia and PTSD
- Repeated nightmares about separation

Psychiatrists must be licensed, trained, and have a history of different treatment plans or experience in separation anxiety and have inpatient or outpatient facilities for adverse conditions. Psychiatrists may diagnose with different methods or tools and suggest a suitable treatment according to the situation.

Choose the psychiatrist who offers **online mental health services** with therapies and medication. Find the best psychiatrist who can treat separation anxiety with other linked comorbid conditions.

Our blog will help you find the health provider that is best suited for you.

How Do Psychiatrists Diagnose SAD?

When symptoms get worse and become difficult to manage, then you must seek psychiatric help. They use different kinds of screening tools for the diagnosis of SAD. They try to determine if it is genetics or

environmental factors that are responsible for this condition in a particular person. They follow the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5-TR), to diagnose SAD and other coexisting mental health conditions.

Some questionnaire/screening tools that have been developed for SAD diagnoses are listed below:

- Screen for Child Anxiety-Related Emotional Disorders (SCARED)
- Separation Anxiety Avoidance Inventory (SAAI)
- Children's Separation Anxiety Scale (CSAS)
- Youth Anxiety Measures (YAM)
- Anxiety Disorder Interview Schedule (ADIS)
- Pediatric Anxiety Rating Scale (PARS)

Different Treatment Options for SAD?

Adequate treatment and management of SAD totally depends on the severity of symptoms, age and physical health. Certain therapies and FDA-approved medications are available for symptom management. Other than this, healthy routines, like sleep, eating, exercise, and parent therapy, can play a pivotal role in recovery.

Psychotherapy (CBT)

Cognitive behavioral therapy is considered the first-line treatment and is very effective in management. It follows the techniques of psychoeducation, deviating from maladaptive thought patterns and gradual exposure to anxiety-provoking situations. It requires 10-15 outpatient sessions, which may take 60-90 minutes for each session.

Medication

Psychiatric medication for anxiety is prescribed when symptoms become severe and hard to control. Some common medicines include:

- Selective Serotonin Reuptake Inhibitors (SSRIs) are used to control the secretion of serotonin in the brain that causes anxiety.
- Benzodiazepines are prescribed for short-term use for acute anxiety.
- Beta-blockers are used to manage physical symptoms, such as a rapid heartbeat.

Combination of CBT and SSRIs

Pharmacotherapy is an effective way of treating SAD, as suggested by several studies. They prescribe SSRIs with CBT if symptoms are not under control after several CBT sessions. Some studies say that SSRIs and CBT are equally effective in the management of SAD, while some studies say CBT is more effective

than SSRIs. More recent data show that the combination of both treatment methods is more effective in children and adults.

Finding Online Mental Health Help Near Me

Finding online psychiatric help near you can be an intimidating task. Various searches are required to find specialists who have experience in your specific condition. Online consultation is convenient and affordable for every job or school-going individual. They can seek therapies and continuous medication prescriptions on time. They also offer insurance plans and urgent care for needy persons.

As we discussed, it is more convenient and accessible, you can consult from far from your area with the best psychiatrist around the globe. Telepsychiatry is a blessing for anxiety patients who are unable to travel and whose symptoms are triggered by certain environmental factors.

Family Support System for SAD Patients

Family involvement is crucial for the management of symptoms and physical or mental health in their children. Parents should learn about hormonal changes and mental health issues that can happen during the development of their children's age. They can support children by providing consistent care, positive communication, and consistent routines. They can help professionals during treatment by maintaining a calm environment during therapy sessions, discussing progress, and learning from psychiatrists about healthy activities.

Families can play a role in forgetting about attachment figures and moving on, which causes anxiety in their children. They can encourage their child to do healthy activities and help maintain schedules that can divert their thinking from anxiety to productive living.

Final Thoughts on Treatment of SAD

Adults with prominent separation anxiety frequently experience a strong fear of losing their attachment figure. Showing support with **psychiatric treatment for anxiety** (usually therapies and medication), family support is an intimate way to show care. This can be managed through online means and urgent care under feasible circumstances.

Every child or adult deserves a peaceful and healthy lifestyle, which is crucial for their development and personal growth. So, the right treatment at the right time is mandatory for your kids. Take a step to seek psychiatric help and give your child’s future a new hope.

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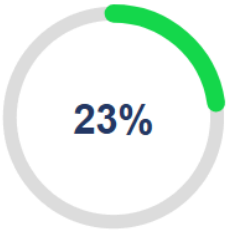

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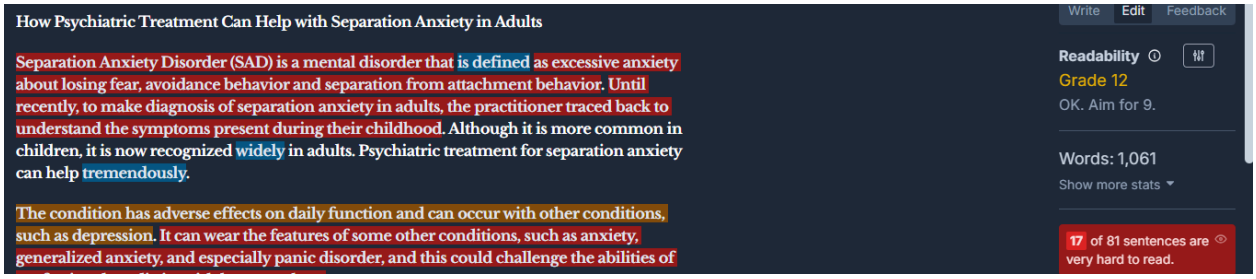
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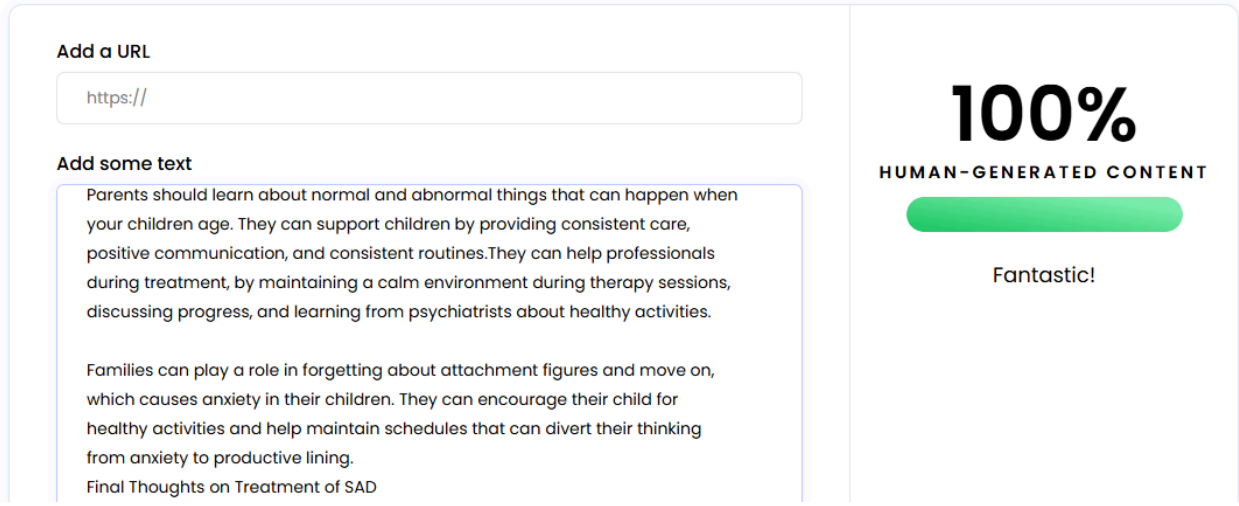
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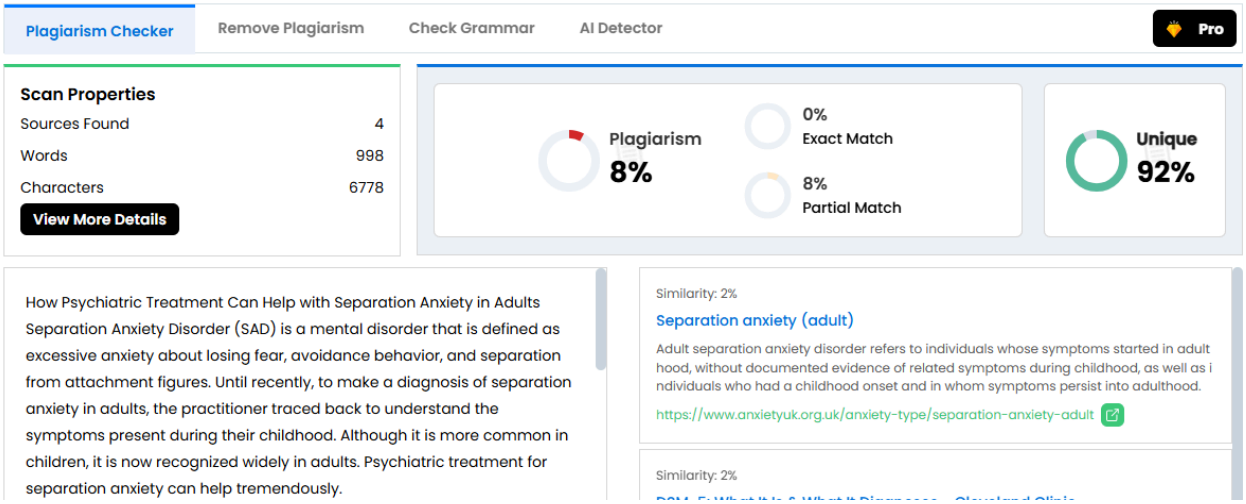
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